



Struggling No More: VETERAN ROBERT BLACK TURNS BACK THE CLOCK ON HIS HEALTH WITH MOVE![®] AND TELEMOVE!

Before starting MOVE![®], Veteran Robert (Bob) Black had been trying to reduce his weight for almost 25 years. “Sometimes I would lose weight, maybe 40 pounds, and then gain it back...within the same year,” he recollects. “I was always struggling with my weight, which climbed steadily after I left the U.S. Air Force.” But in 2011, Bob had a sobering trip to the West Haven Campus of the VA Connecticut HCS. “My doctor said that I had to lose weight to avoid serious heart problems and diabetes,” he says. “At the time I was about 289 pounds, which was the highest weight of my life.” His physician suggested he join MOVE![®], so Bob went to an orientation in March of that year. Interested, he asked about joining the program and was told that all he needed was the commitment and confidence to succeed.



Uplifting, Inspiring

When Bob started MOVE![®] in June 2011, he was immediately impressed by the staff and support. “Four different clinicians were there to help me, and they were so uplifting and inspiring,” he reports. “The VA hospital has been my savior. Dr. Chao and her staff have been so professional and helpful, and TeleMOVE! has been a great learning tool, too.” Having these supportive people and programs, Bob believes, is what has made it easier for him to get better and feel better.

“I’m almost down to my service weight...My goal is to...wear my military dress blues on Memorial Day.”

Health Conscious

At his first MOVE![®] weigh-in, the dietitian told Bob to start changing the way he ate—specifically by quitting sodas and fried foods. He also began to learn how to read labels and balance “calories in versus calories out.” “All of this has helped me,” Bob says, “because I’ve learned to eat better, and I know *how* to cook now.” His typical dinner, for example, is mostly baked or broiled meat accompanied by vegetables. He also tries to eat healthier wheat or rye bread, and his snacks now include fruit and yogurt.

Bob’s focus on portion control and reducing his cholesterol and sodium intake also has paid off. “So far, I’ve lost about 100 pounds through MOVE![®], and I’m trying to lose 12 more,” he reports. “Once I reach that goal, I want to continue to exercise and watch my diet.” Now very health conscious, Bob plans to be that way the rest of his life, in part because of the initial improvements he’s achieved through MOVE![®]. “I still have sleep apnea, but it’s now mild,” he says. “My heart is healthier and I just enjoy my life more.”

The Active Life

As part of MOVE![®], Bob started walking a few miles each day. But he’s enjoyed it so much that he now does as many as 10 miles a day and sometimes 15 miles on the weekend! His new routine includes regular aerobics classes, as well as a walking program. Bob wears a pedometer to track his effort, and to maintain variety, he’s incorporated bowling, dancing, and swimming in his activities. He’s also taken up community service, which he really enjoys.



“Do everything in small steps...You’ll see a big change in your life!”

Crawl, Walk, Run

With his new-found health, Bob is now at 182 pounds, very near his weight while in the U.S. Air Force 30

years ago. His new goal is to get to 172 pounds so that he can wear his dress blues on Memorial Day. Bob tells Veterans who want to be successful with MOVE![®] and weight loss to give it a chance—no matter how busy or big they are—and just take small steps. Easing into the food and exercise changes is important; later on, you can do more. “You’ll see a big change in your life,” he explains. “It’s like being a baby—you crawl, walk, and then run. The same is true for weight loss. Your body will feel better and you’ll live a better life!”